

A SKETCH

OF

THE MOVEMENT CURE,

Presented by S. A. Green

WITH

Illustrative Cases.

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THE MOVEMENT CURE.

HISTORY.—The idea of employing exercises to develop the body and to remove disease is far from being new. Exercises have been used for this purpose from the earliest times, though generally in a fragmentary and incomplete manner. All primitive people instinctively employ manipulations of various kinds for the sick, and place upon them a reliance equal at least to that of drugs. It is well known that the cultivated nations of antiquity regarded physical, as indispensable as intellectual, culture in the development of manhood, and so it is tacitly acknowledged at the present day ; but the particular *principles* upon which its effects depend have not been well or generally understood. In consequence of this, the application of exercises to meet the special wants of the suffering health, has necessarily remained in neglect.

Numerous medical authorities of the highest respectability and learning have, from time to time, advocated the use of *special exercises or movements*, for the purpose of meeting the special requirements demanded by disease. But the merit of reducing bodily movements to a complete and philosophical system, so that they may be *prescribed* and rendered applicable in all cases of chronic disease, is due to Peter Henry Lirg, of Stockholm, Sweden, who founded an institution under the royal patronage, in 1813, based on this principle. Institutions of a similar kind have since been greatly multiplied in Sweden, and indeed throughout Europe.

The slow development of the system of medical treatment by *movements*, or special exercises, may be accounted for by the tardiness with which the true principles of physiology, upon which alone this practice is founded, have been brought to light. Other difficulties which this practice has had to encounter may be mentioned, such as the fact that the public mind is forestalled with

the idea that drugs are sufficient for medical purposes, also the want of the requisite knowledge, tact, and strength to render the application of movements effective. This practice involves greater labor, both of the mind and body, than suits the taste of those who look upon the medical profession merely as an easy road to eminence and fortune.

RATIONALE. — The term, *movements*, is employed to designate such particular forms of exercises as are adapted to the special needs of the system, considered with reference to its diseases. It does not merely imply the exertion of the will, or the muscular power, but rather an intelligent control of these, for the purpose of improving the habitual state of the bodily functions. All medical prescriptions aim to control the primary changes or *motions* of the constituent materials of the body ; but those secured by movements are entirely physiological and natural, and are therefore followed by superior effects. The actions induced by drugs are not in strict harmony with the organizing, power-producing operations of the body ; while movements institute those very actions in which health consists. The physiological intentions of the several parts of the body are respected in this practice, its actions are promoted, and health flows as the direct consequence.

MODE OF APPLICATION.—The patient is first examined, not only by the ordinary methods practised by physicians, but also by the aid of the *handling* peculiar to this art, and by the nice tact thus acquired, the pathology of the case is more clearly ascertained than is possible by the ordinary helps. A prescription is then made, consisting of a certain number and kind of *movements*, which it is decided are adapted to the case. The kind, the locality, and the arrangement of these are based entirely on the pathology. Every prescription embodies the physician's view of the case, and is expressed in language peculiar to the science.

In the application of the prescription, the kind and the order of movements dictated by the prescription, are strictly observed. Only certain and quite limited parts of the system receive the application at the same instant, while all other portions are in a state of repose—but each part included in the prescription receives attention in turn. A considerable interval of time is allowed between each separate operation, for the effect to transpire. In this way, the conditions for the production of power are brought into activity, while the power itself is not exhausted, so fast as it is produced.

For all invalids under the immediate care of the physician, the movements are *duplicated*, that is, they require two persons for their performance—the patient and the operator. The latter must necessarily be a physician, or some one well trained and under his immediate eye, capable of nicely appreciating all the varied sensations and the limited strength of the patient. Sometimes the diseased part is subjected to a movement, often it is not, but this depends on the kind of affection that is supposed to exist, and the kind of movement that is given. The variety of movements is unlimited, and may be suited to the state of the system and of its parts. Sometimes it is the will of the operator and not of the patient that produces the movements; whence the organs of the patient are made to yield, and become obedient to the stronger will of the operator. After a time, the patient will require a new prescription, adapted to the improved state of his health, or to correspond with the corrected views of the physician.

Words alone, however, cannot adequately explain the processes of the Movement Cure to the comprehension of the reader; for the effect depends not only on the *form* of the prescription or its mechanical adaptation, but even more on the quick perception, the sympathy of feeling, and the delicacy of the tact with which it is applied.

EFFECTS OF MOVEMENTS.—Movements may produce such immediate effects as are curative or palliative of sudden attacks of illness, such as promoting or restraining discharges, warming the extremities, relieving oppressed breathing, headache, pain, &c., by their control of the circulation, the nervous state, and of the various functional actions. But, in general, it is not expected nor desired that movements shall produce the sudden and transient effects of drugs. The effects most desired through their proper application are those of a *permanent* character, and consist in the *development* of latent natural capacities, and the harmonizing of irregular functional actions. The vital and the mechanical powers of the system are moulded by the physician in accordance with his ideas of what is required for their health, and much depends on the correctness of his judgment. The extent to which the organism yields to movements is surprising. As in common life, the habitual activity of the body counteracts the ill effects of improper hygiene, so movements, judiciously directed, will successfully oppose the encroachments of disease.

The influence of the Movement Cure in restoring health, is manifested through all the physiological channels,—in every function whose defective action gives rise to morbid symptoms. The curative effects may be directed either to special localities or to the whole organization. The general effects which the physician may call forth by this means may be stated at one view, as follows :—

1. The circulation of the blood is controlled by movements so that this fluid may be conveyed in increased amount to any organs that may suffer from a defective supply. On the same principle,

2. The blood may also be conveyed *away* from any part or organ suffering from the presence of too much. Hence, “movements” are a potent means of removing congestion and of equalizing the circulation—probably the most potent of any at the command of the physician.

3. The blood is also assisted in its passage in the extreme capillary vessels, in relation with which all nutritive and secretive actions take place. This is a most important condition for overcoming the morbid action of any part. This effect may be localized as much as is desirable.

4. The chest of most invalids may be permanently increased in circumference to the extent of three or four inches, and the respiratory efficiency may be promoted in all. This secures the effects following :

a. The *pulse* becomes slower ; there is less organic effort and wear, and there is a corresponding *increase* of available power.

b. There is secured by movements a more perfect elaboration of the excretory matters of the body, so that these are readily excluded in the innoxious forms of *carbonic acid*, *water* and *area* ; instead of being retained as intermediate and imperfect products of waste, which are the real matters of disease.

c. The increase of the respiratory efficiency acts in powerful opposition to the chachectic diseases. Scrofula is subdued and consumption in its earlier stages overcome, and the tendency to these diseases is destroyed by movements. In this way movements are capable of *renovating the constitution*.

5. An increase of nutrition is a direct consequence of movements.

6. By the aid of movements the *will* power is enabled to traverse channels in which there has been some impediment ; hence, this is the most valuable means in aid of paralytic affections.

7. Movements enable the physician to so direct the nutritive actions that they may be equally and properly distributed between the two great channels of force—the muscles and the nerves. In other words, movements determine whether muscles or nerves shall *feed* most upon the common reservoir of nutrition, whence most cases of neuralgia and nervousness are readily cured.

8. Spinal and other deformities generally have their origin in muscular weakness, irregular innervation and imperfect nutrition. These causes may not only be removed by movements, but their effects also, thus restoring the natural shape of the body.

It is apparent from the above statement of the power and mode of operation of the Movement Cure, that it is adapted to the treatment of all forms and nearly all stages of chronic disease—in short, that it embodies a complete, philosophical, and efficacious system of medical treatment. It is by no means harmless in incompetent hands, for the effects produced depend on the *judgment* and *skill* of the operator; yet for obvious reasons it is less liable to abuse than any treatment by means of drugs.

The patient in the Movement Cure need not expect those sudden effects that are experienced by those who take drugs, or the exuberated feelings of those who resort to other forms of medical treatment. The system seems to glide, sometimes almost imperceptibly, into a higher and more perfect state of the health.

The good effects of movements follow their application more speedily than one commencing the treatment usually expects ; each application seems to add to the effect of the preceding, and the patient is seldom discouraged by delays and drawbacks. On the contrary, he is encouraged at every step by a manifest increase of his available power, by a diminution of his pain, by a change in his form, or an increase of some defective function, as the case may be. The time required to accomplish a restoration of the health, of course, depends on the nature of the case and the constitution of the patient ; but in general this is much shorter than the patient is led to expect, when he draws his conclusions from his experience with the more common methods of medication. The movement cure never deceives, and never tantalizes the patient with seeming promises that the desired goal is almost reached, when in fact it is

as far distant as ever, nor is its physician constrained to induce his patient, by either threats or promises, to *continue* the treatment.

The Movement Cure is not content to ameliorate the symptoms of disease; it strikes deeper, with the more radical purpose of removing the *cause*, and brings to its aid all the auxiliaries that may be derived from *general hygiene*. Its prescriptions are not made for the *name* the disease may have, but for the *conditions* and *constitutional state* upon which it depends. The pathology which it recognizes, is based upon the ultimate facts of physiology, rather than those feelings of the patient and symptoms which it is the desire of the physician to suppress. It aims simply to put the life and health-producing causes of the system—not in a state of excitement—but in healthy working order, the simple order of nature.

It is not the design of this pamphlet, even to enumerate the various diseases for which the movement cure has been demonstrated as of greatly superior utility. The present object is only to reply to a few of the inquiries that naturally arise in the mind of the seeker of health. Those who wish a more full exposition of the principles which underlie the treatment, will find it in my work entitled "An Exposition of the Swedish Movement Cure, a Manual of Exercises for the Invalid."

But many inquirers are answered better by example than by theory. For the purpose of showing such persons the effects that may probably be expected in given cases of disease, by pursuing the medical treatment by movements, I have introduced a few illustrative cases, taken almost at random from those under my care. I have not attempted to represent every class of diseases for which the treatment has been applied—this would be a laborious and useless effort. It is hoped that enough is said to enable the reader to infer of the entire appropriateness and the valuable effects of treatment.

THE MOVEMENT CURE IN PARTICULAR CASES.

DISEASES OF THE LUNGS.

In this form of chronic disease, there are certain mechanical obstacles to be overcome before the vital energies can assume the healthy standard of action. The most important of these are the *restricted size* of the chest, and the *immobility of its walls*. To remedy these, is to *enhance* the effect of respiration, and what is of equal consequence *diminish* organic effort, or in other words the *wear* of the system. *The quick pulse* and *rapid respiration*, characteristic of the disease, are indications of insufficient respiration, and restricted respiratory capacity, for which these symptoms are a kind of compensation.

One grand object then, must necessarily be, to *extend the breathing capacity*, so as to allow the excited function to become natural. Hence the *increase of the circumference of the chest* is a very good test of improvement. Experience shows that the pulse falls and the respiration becomes easy, just in proportion as this is accomplished. This increase is not easily effected, and the attempt is pretty sure to prove a dangerous experiment in the gymnasium, or if made by an uninstructed physician. But with movements, even much disease is not a barrier to its accomplishment, and to the important gain to the health derived from it. The pulse falls, respiration becomes less frequent, the strength increases and health triumphs. Patients are required to take an accurate measure from time to time of the circumference of the chest.

Another object of treatment which is accomplished with a good degree of facility by movements, is to remove the superfluous blood of the chest to the extremities.

CASE I.—INCIPIENT CONSUMPTION.

This was a young lady of this city, aged about sixteen. She was of delicate organization, with the peculiarly lustrous eyes and fair complexion indicative of her constitutional tendency; and to render her case more discouraging she had no other living relative but father, mother and grandmother, all the rest having fallen victims of consumption. Her pulse was 110 per minute, she had a severe cough especially at night, with a high fever succeeded by a profuse perspiration nearly every night.

She had been attending to the developing of the mind in one of those places so eminently contrived for killing the body, a school for young ladies, where she

was conscious of having contracted the disease. A thick fold of cotton batting covered her chest, recommended by her previous physician. The young lady came daily one month for treatment, when she discontinued, considering herself well. I have lost the record of the increase of the circumference of her chest and waist, which I duly took, but I have no doubt but it was equal to the average of that in the cases which follow. In about ten days or two weeks the fever and sweat had discontinued, and the cough gradually wore away, and the pulse fell to about 80, and her strength and confidence in health returned, to the great joy of her doating parents. This was in January, 1859.

It is not pretended that the physical signs of advanced disease of the lungs were present in this case; but that the constitutional conditions were present, and were hastening her in the downward career of this disease, I think there is no reasonable doubt. To illustrate more fully the influence of the movements, or perhaps we might better say, the effect of increasing the facility and efficiency of respiration by means of movements, I will cite the following more severe, and perhaps ultimately fatal case.

CASE II.—CONSUMPTION.

Mrs. E. has been afflicted with disease of the apex of both lungs, commencing more than two years ago. She has had repeated hemorrhages, and been confined to her chamber and bed weeks together. Her chest measure increased during the winters of 1858-'59 *three inches*, through the use of precisely the same means and under our direction. Her health continued to improve, and at the present time, (1860,) though the signs of disease are not absent, she is in the enjoyment of very comfortable health, and continues gradually to improve.

CASE III.

Dr. I., from Miss., was my former pupil and chemical assistant. Between three and four years ago, having prepared several bell glasses of chlorine gas for my next day's lecture and experiments, he accidentally upset one of them, and the gas was consequently largely mixed with the air of the succeeding respiration. A severe attack of inflammation of the lungs immediately followed, from which he suffered for more than two months. These pulmonary symptoms, however, mainly disappeared with the advance of the warm season, and especially as he returned to his home in the South. After more than a year of arduous and successful practice his health declined, until a year ago he was attacked with severe pulmonary hemorrhage, which continued at intervals for two weeks. As soon as he was able, he went to Florida and spent the winter there, without any serious increase of his symptoms. He arrived here April 21, with the determination of trying our treatment. Symptoms: the right side of the chest was considerably shrunk and smaller than the left, the shoulder was lower, a falling in under the collar bone; the right side was nearly stationary during respiration, with deadness on percussion, scarcely any respiratory murmur, and considerable cough and expectoration. The opposite lung suffered a good deal of pain, and he naturally enough conceived it to be the seat of the disease. This arose doubtless from its having to do the work that belonged to the two. Measure of the chest at the beginning of treatment $32\frac{1}{2}$, waist $30\frac{1}{2}$ inches. The treatment was directed to elevate the ribs and shoulder of the right side, thereby expanding

the lung, and the removal of congestion. The effects of the treatment were not very apparent for the first few weeks. but on May 26 his chest measure had increased $\frac{3}{4}$ of an inch, waist $1\frac{1}{2}$ inches. He has had an occasional accession of febrile symptoms, once severe, lasting two weeks, at which time he coughed up matter which he supposed to be tuberculous, after which he was much relieved and improved more rapidly. June 2, the air penetrated the affected side much more freely, and it had become more sensitive. July 20, the chest measure had increased *two inches*, and the waist *an inch and a half*, and he was better in every respect. Whatever the event may be in this case, the demonstration of the increase of the breathing power with its beneficial effects, is as complete as though the history of the case were terminated. There is good reason to presume that the case will go on to a favorable conclusion.

CASE IV.

Though the present case is not far enough advanced to enable me to give the reader the sequel, yet I cannot refrain from relating it, for it is already as good a confirmation of the utility of the Movement Cure as there need be, both as a theory and as a practice.

Mr. S., about 38, president of a manufacturing company in a neighboring city, had been gradually failing in health for two years, and for the last few months had so far declined as to be unable to attend to business, having all the symptoms of that dreadful disease, consumption. Six years ago he lost his wife of the same disease, and with the history of her unchecked downward progress, and the futility of medical means employed in her case before him he delayed consulting a physician, till some accident brought him acquainted with our style of medical treatment. He was emaciated, pale, the movements of the chest very much restricted, a rattling sound, (mucous rale), through the greater part of both lungs, there was weakness, cough, pulse over a hundred. His cough was most severe in the morning, it sometimes requiring a *full hour* to arise and dress, on account of its severity.

He commenced treatment July 15th, and in addition to the regular prescription of movements he was required to use the *swing* several times each day. His treatment progressed favorably and without interruption from the first, and at the end of a week he felt considerably better and much encouraged. At the end of four weeks the circumference of the chest, which at the beginning of treatment was 35 inches, had increased *two inches*!

This was a most astonishing amount of increase for the time, especially in so unfavorable a case, and I should have been inclined to doubt the correctness of the original measure, were it not that the increase is fully confirmed in the improvement of his health. In four weeks, he had almost ceased to cough, a good measure of strength returned, the rattling sound in his chest nearly disappeared, and the pulse beat twenty less per minute, and there was a corresponding improvement in his feelings. Afterwards his improvement was more gradual, but continuous, and late in the fall he was able to resume his business.

CASE V.—DEFORMITY OF THE CHEST AND DISEASE OF THE LUNGS.

Mr. T., an honorable member of the Legislature of an adjoining State, seven years ago had a pleurisy; afterwards the left side of the chest was liable to attacks of disease, which had so increased for the year past as to cause his physician

and friends to despair of any arrest of the usual downward progress of the disease. He was commended to me by his own physician, and also by an eminent physician of this city. I found the left side of the chest much weaker, the shoulder of that side was more than an inch lower than the other, and very little air penetrated it, as was evident by the almost total want of the usual vesicular murmur, and by the lack of motion of the walls of that side of the chest, while the increased expansion and respiratory sound of the right side were as a consequence, very great. He coughed up a yellow, thick, tenaceous matter. He progressed favorably. In three or four weeks a perceptible increase of the breathing of the defective lung was noticeable, the matter raised was increased, but much thinner in consistency. At the end of eight weeks, his pulse had considerably decreased in frequency, the left shoulder instead of being the lowest had become *more than an inch the highest*, the air seemed to penetrate the constricted lungs to a good extent, the expectoration had become much reduced, and indeed was very little, and the general health and the tone of the spirits was greatly improved. He now returned home to attend to the duties of his office.

He has since taken occasion to let us know that he continued in the encouraging state in which he left us.

In this case, there was every symptom of tuberculization that can be had, short of actual, *post mortem* inspection.

Although such improvement is rare, perhaps we should be justified in saying impossible under ordinary medical influences, it seems improbable only because contrary to ordinary experience. But the reflecting reader will not judge it to be theoretically impossible. For if dogs and rabbits when confined in a dark, underground, and unventilated place, contract tubercles that disappear with light and air, may not tubercles of the lungs of the human body disappear under essentially similar influences.

The attention of the reader is particularly directed to the fact that expansion is given to the *defective side of the lungs*, an object never attempted by any other practice. He will also notice that the improvement in these cases is not the result of stimulating medication, which so often tantalizes the hopes of the invalid and his friends, and which is so apt to be the prelude of a fatal reverse. But the improvement is owing *first*, to the control obtained over the circulation of the blood and the general nutritive actions of the system; *second*, to the more perfect mechanical conditions for respiration, secured by increasing the muscular power, and especially the *size of the chest*.

I cite the two following cases to prove the *permanence* of the cures wrought by this method. I received the accounts from the lips of the individuals referred to, with whom I have the honor of a personal acquaintance. The social position of the parties may, in the estimation of some, heighten the interest with which they should be regarded.

CASE VI.

Dr. Hermann Satherburg, of Stockholm, Sweden, a highly educated and esteemed physician and orthopædic professor in the Medical College of the Swedish capitol, about twelve years ago found himself by advice of his friends, the physicians of the city, in a hopeless state of consumption. He had exhausted the resources of the medical art in the use of drugs, but as usual, to no purpose, and finally in desperation, and as he told me, utterly skeptical as to its efficiency, he resorted to the Movement Cure. A short time, however, convinced him of its powerful and beneficial effects, as well as of its philosophic propriety. In due time he fully recovered his health, and when I saw him a year ago, his manly form showed every indication of perfect health. Thousands have since had to thank him as the instrument of their restoration through the judicious use of the same means, for immediately upon his recovery, he established an institution of the Movement Cure, which is probably the most flourishing of any in the world. I have to acknowledge my personal obligations to him, for his kindness in affording me the benefit of his experience and of the principles he has established, applicable in the treatment of difficult, and what have hitherto been considered, hopeless cases of disease by the Movement Cure.

CASE VII.

This is the case of Judge Carl Olof Brink, also of Stockholm, and holding various offices under the crown. This gentleman informed me that about eight years ago he was reduced very low in consumption, raising blood, and having all the most discouraging symptoms of this formidable disease. By advice of his physicians he resorted to the celebrated institutions of the place for treating the sick by the physiological means advocated in this pamphlet. His health improved in a short time, and he continued the treatment for six months, at the end of which time the circumference of his chest had increased *four inches*, and he became restored to health and usefulness. He has ever since retained the goodly proportions of his respiratory organs, and has excellent health.

DISEASES OF THE DIGESTIVE ORGANS.

These affections present a great variety of symptoms, too numerous to mention, all of which are curable by means of movements, aided by proper dietetic and other hygienic habits. There is usually congestion of the mucous membrane, and a great increase of its sensibility, with morbid secretions. The *congestion* is removed by increasing the flow of the blood to the skin and extremities; the *sensations* are decreased, by increasing the nutrition of the muscles; while the secretions are corrected by increasing the respiration, and perfecting the vital processes generally by means of suitable movements. Much harm may, and frequently is done, by such kinds of exercises as are *unsuitable*.

CASE VIII.—DYSPEPSIA WITH COMPLICATIONS.

The case of Mr. S., though unusually severe, is not an uncommon one. Mr. S. came to this city fifteen years ago, an ardent youth, determined to exert himself without stint to accomplish the objects of his ambition. For years he stood at the book-keeper's desk, unremitting in his anxious labor, which as usual employed the head only, to the neglect of the body generally. Such abuse nature will not always brook. A day of reckoning must come, and a long and weary one it proved to him. When the organs of the body are restrained in their natural and necessary *motions*, disease is at hand, and to supply these motions drugs are but a sorry substitute for the natural cause. Nature fought her way along between bad food, bad doctors and bad medicine till October 2, he came to me for counsel, by advice of a friend. He supposed that a disease of the kidneys was the principal affection, on account of the severe pain of the back, probably from weakness, from which he suffered. He had great irritability of the alimentary tube, so that diarrhoea was of frequent occurrence, and it would always take place whenever he was in the least incautious in his food. He had weakness and emaciation, but he managed to oversee his business, which occupied him but a portion of the time.

He began to improve from the time he commenced treatment, and with slight occasional recurrences of his former complaints, he improved steadily till at the end of three months he found himself quite well. He continued his practice, however, for three months longer, so as to confirm and render permanent what he had so long sought in vain. He became in this time more powerful than he had ever before been, and full of confidence in the Movements as the means of saving him from prolonged misery.

CASE IX.—DYSPEPSIA WITH NERVOUS DEBILITY.

Miss W., 20 years old, of sanguine temperament, and very poor in flesh. Weight only from 84 to 90 lbs. Having from childhood a weakly constitution, she had been too delicately brought up, as is often the case when the management is dictated by affection without reason, and in the absence of the wholesome checks of poverty. She had been a confirmed invalid for more than a year, with such symptoms as these: ringing in the ears, much exhaustion of the strength following little effort, dragging sensation of the abdomen, pain between the shoulders, great and often insufferable coldness of the extremities; at first she complained of no symptoms about the stomach, no cough. But I soon found that like most cases with ringing of the ears or head, there was a tenderness of the pit of the stomach, so great as not to allow the least pressure over that organ. Chest measure 27 and waist measure 24 inches. Commenced treatment May 20—not much improvement for three weeks, but in one month she found herself able to walk much further without accustomed fatigue. It was a special object to strengthen the diaphragm and abdominal muscles, and in aid of this she also took lessons in singing, from a celebrated professor who understood the physiology of that exercise. Her capacity of chest and power of voice improved to a wonderful degree, to the astonishment of her friends, who were fearful that the exercise of the voice would be injurious to her, as it probably would have been, had she not had treatment that not only counteracted any such tendency, but also supplied the necessary conditions for rendering it useful. July 27, she

returned to her home, the tenderness of the stomach, and the head symptoms having *entirely disappeared*. Her power of exertion and capacity of endurance had greatly increased, showing the greatest contrast with her former condition. Her measure about the chest had increased *two* inches, and she thinks *three* at the lower circumference, and her prospects for good health and a reasonable amount of executive power, is as good as can reasonably be desired.

In about a year afterwards I had accounts of the continued good health of the lady, the great increase of her vigor, and that her increased weight was about 20 lbs.

The reader will very naturally inquire, what other means could have been used, thus to increase this lady's prospects of life, usefulness, and enjoyment?

CASE X.

Miss D., had been nearly prostrate for fifteen months, with that complication of troubles generally called nervous debility; a condition in which the nerves are unnaturally sensitive and excitable, while the general nutritive and especially the muscular apparatus, is in a state of great inaction; in which, in short, the system is completely unbalanced, without, apparently, any power of restoration, either by its own unaided efforts, or the usual medical appliances. The medical system here advocated, instructs us that in this case the bodily powers simply need to be *directed* into the proper channels, and that it is futile to try to raise the system by stimulants of whatever kind, or however applied, if systematic exercise be disregarded.

The movements, from necessity, must be applied very gently in the commencement of the treatment; but these cases readily appreciate the control of their powers which is quickly acquired, and they are therefore encouraged to go on. In two or three weeks Miss D. was enabled to ride out a short distance, daily, then to walk graduated distances, alternately with riding, while at the same time the number of hours spent in bed, (which at first was nearly all the while,) was decreased, till she was up all day. At present ($2\frac{1}{2}$ months from the beginning of the treatment,) she is able to walk a mile and a half without much fatigue, complains of nothing, and has every prospect of acquiring a due amount of physical power. She had previously been treated for spinal diseases by means of scarification and other means popular with professed surgeons.

CONSTIPATION OF THE BOWELS.

This is a common symptom in this age of nervous excitement and supreme devotion to business and study. Its infallible cure is *exercise*, if it be rightly used.

Constipation requires for its removal, a more active abdominal circulation, more muscular power of the alimentary tube, abdominal muscles, and those about the hips; more excitability of the nerves of the lower portion of the spinal cord, and sometimes the removal of congestion of the mucous membrane of the tube, all of which are accomplished by well prescribed movements. The following cases are taken from a great number of similar ones:

CASE XI.

Mr. L., over fifty years of age, is a retired merchant, and had been troubled with severe constipation for fifteen years. During the first half of this period, he was in the habitual use of aperient drugs, but convinced of their injurious effects, for the last seven or eight years he had recourse to the syringe. To this means of daily relief he was a constant slave, for scarcely once a year did his bowels move unsolicited.

Latterly, other symptoms had become annoying and even threatening, especially those of *heart* disease. Though a man of genial good nature, he became dispirited, and felt that the enjoyments of life were seriously compromised by his disease. He became nervous and alarmed at the progressing symptoms. In this state he applied to me in the winter of 1858. In a few weeks his symptoms were all ameliorated, but the cares of his family called him home. He returned again the next winter with the symptoms rather worse than ever, but in the confidence based on his short previous experience, that he could be permanently benefited. This time he brought his family to the city, so as to render his stay as pleasant as possible, and to prevent any interruption to the progress of his recovery. I found him sallow, shrunk, flabby, nervous; no sign of organic disease in the heart, though the symptoms manifested in the feelings of the patient were severe, giving the strongest apprehensions; he was extremely weak about the hips and abdomen.

After commencing the treatment, as a better circulation of the extremities and among the tissues was established, the troublesome symptoms connected with the heart gave way. From that time he acquired new courage and confidence. It was nearly six weeks before his strength improved so much as to allow his bowels to perform their natural office. Thenceforward he continued to improve, at first slowly, then rapidly, and soon had perfect command of the function in question, and has maintained it ever since. He has reported himself frequently since discontinuing treatment, and always as well, and with unqualified commendation of the treatment and satisfaction with its results.

CASE XII.—GENERAL WEAKNESS AND CONSTIPATION.

Mrs. H., from an eastern State, had been receiving medical treatment much of the time for eleven years, that being the time which has elapsed since the birth of her first child. She did not convalesce kindly after that event, but remained feeble, and her bowels became extremely inactive. Her weakness was so great that she was confined to her bed most of the time. After this she spent a year at a Water-Cure, and was partially restored. Latterly she has been under the care of a celebrated curer of uterine diseases, of an eastern city, at different times, amounting to two years, whence she came to this institution.

She was very thin and pale, of tall frame, and had just strength enough to walk about the house. She had been for years a constant slave of the syringe, and sometimes used aperients, and for the last three years had not had an unsolicited evacuation; the abdomen was so tender that she could not bear the least pressure upon it without complaining. Notwithstanding what she endured in the application of remedies, it is very doubtful with me, if she ever had disease that specially appertained to the generative intestine. Women who are constitu-

tionally weakly, or are made so, are made worse by ignorance of proper habits of life, are ever the victims of ignorant and designing quacks.

Mrs. H. was habitually cheerful in her spirits, and had for years lived properly in regard to diet, bathing, &c., but yet was only able to continue existence at an extremely low standard of health. She remarked when she came, that if the treatment she was to receive served to promise benefit, she would like to remain a year to receive the advantage of it. It is impossible to describe her manifestations of joy at the end of two weeks, when she announced that her alvine discharges had become regular and natural. She gained in flesh and appearance rapidly for *five weeks*, increased in size an inch and a half about the chest, and the tenderness of the abdomen, fugitive pains of the loins and shoulders, &c., wholly disappeared. At the end of this time she returned home in triumph, feeling that she had overcome the obstacles to her health. I have since heard that she remains in good health,

CASE XIII.—CHRONIC INFLAMMATION OF BOWELS, WOMB AND OVARIES.

Mrs. S. while on a visit to Boston, was attacked with violent acute inflammation of the bowels. She was treated with the usual resources of the drug-medical art, with opium to restrain vomiting and discharges, which notwithstanding continued to be excessive for months.

She wore a poultice across the abdomen for four months, and took no other than liquid food for several months. Getting no better, she advised with a celebrated curer of uterine diseases, of a neighboring village, who managed to enable her to get off the bed. She continued his treatment for nearly a year, when she returned to her home in Brooklyn. She had thought herself improved, but, on returning, her health declined, and she was again advised by her physician to take to the bed in order to get well. At this juncture, a patient of mine, who had suffered from similar symptoms, besought her to employ my method of cure, which with much reluctance she at last consented to do.

I found her pale and haggard, very much bent forward in posture, and so sore across the lower portion of the abdomen, as not to permit the least pressure.—Long continued aching followed pressure of the lower lateral portions of the abdomen. It was nearly impossible for her to ascend stairs. She had a constant pain in the back, and at times an abundant leucorrhœal discharge. In commencing treatment, her diet was prescribed, as well as certain appropriate baths, and she took Movements with the caution enforced by her delicate state. After a fortnight her improvement was apparent to herself day by day. At the end of a month, when she left, she was able to walk long distances, the soreness of the abdomen had gradually subsided and was nearly absent, she was nearly erect in her carriage, and her general aspect had improved amazingly. The change in her feelings was so marked as to fill her with enthusiasm, and she soon became an earnest pleader with others similarly afflicted to participate in the benefits she had derived from the Movement Cure.

CASE XIV.—GENERAL WEAKNESS—DISEASE OF THE LUNGS AND UTERUS.

This is a young married lady of sanguine temperament, whose sufferings dated from the birth of her child, six years ago. She is very tall, but measured only 20 inches about the waist. She coughed much, and had depression of the

chest under the left clavicle, with a suspicious dullness of the sounds emitted from that region, pulse 100, great general debility, excessive leucorrhœa, uterine hypertrophy, backache, &c. She had to be treated in the commencement with excessive tenderness, but her strength soon increased. At the end of two months her strength, flesh and general appearance was greatly improved. The waist measure had increased *two and a half inches*; chest, *one and a half*, and the uterine symptoms had almost entirely subsided. She feels and appears as though her life might be continued thirty or forty years longer than was the prospect at the commencement of her treatment. As usual, this lady had taken much tonic stimulating medicine, and has had a most excellent opportunity to test the comparative value of different methods of medical practice.

DISEASES OF THE NERVES.

This class of diseases, whose pathology is so obscure and whose treatment by ordinary methods is so unsatisfactory, finds both a rational explanation and successful treatment in the Movement Cure. This practice demonstrates that an unnaturally active (or painful) state of the nerves *cannot long be maintained when the muscles are rendered active*. This fact is rendered patent in numerous cases treated, and the reader may exercise his own reason to determine the cause for this result. Probably the improved condition of the blood and inter-muscular juices, as well as the more equal division of the nutritive actions between the two great instruments of vitality, the muscles and the nerves, are concerned in the effect. As the muscles become better nourished, making greater demand upon the common sources of supply, the morbid nervous action subsides, and the health is restored.

CASE XV.—NEURALGIA.

The present case, Mrs. N., of Maine, is an extreme instance, illustrating the control of nervous disease by Movements. She had suffered much from neuralgia for eighteen years, had been under the constant care of physicians during that time. She had generally been treated for *uterine disease* by the most approved methods, as the pain was referred to the pelvic region. Latterly she had required the use of nervous sedatives and stimulants, to render life tolerable, so intense was her almost constant pain. The surgeon who last treated her, regarded her affection entirely neuralgic, with which opinion after due examination I fully agreed. She began treatment Sept. 22, 1858, through the persuasion of friends, and much in opposition to her own feelings. Indeed she was in a delirium of pain and excitement, demanding *something to take*—the only channel through which she, in common with the majority, had been led to expect relief from pain. Local sedatives were used twice only, and in *one week* she was free from pain. At the end of a few weeks she was quite restored to health and to a good degree of strength. I saw her several months afterward, and she continued quite well, and I occasionally have reports of the permanence of her cure. She is now attending personally to the cares of her household, and always has a good word

to say to inquirers, of the rescue that the Movement Cure is capable of affording to persons condemned by diseases they know not how to avoid, to a similar condition of suffering. A reform in dietetic habits, and mild bathing, had a share in effecting the good results in this case.

CASE XVI.

Mrs. N. had been five years an invalid, her disease being induced by labor, anxiety, and watching with a dear relative, whose disease proved fatal. She presented herself for treatment about the first of February. She was pale, and poor in flesh, was troubled with most obstinate constipation and indigestion, but her severest symptoms were oppressive headache, confined to the posterior region; great tenderness of the back, which was so sensitive, that, if touched slightly, violent spasmodic breathing would result; with *alarming palpitation of the heart*, which occurred with the least excitement. The difficulty of adjusting the application of the prescription to her case was at first great, but the treatment soon became pleasant, and she progressed favorably with occasional interludes of nervous symptoms. In about six weeks the palpitation and tenderness of the spine had wholly subsided, and she has contrived to improve to the present (three months); she has become very strong, and complains of nothing, but some occasional lingering symptoms of dyspepsia.

These cases afford a good illustration of the power of movements to control diseases of the nervous system. Similar results are obtained in the other forms of this class of affections; and abundant demonstrations might be given of the principle that *morbid nervous action* cannot exist in connection with *well directed muscular activity*.

MISMENSTRUATION.

The good effects of movements in cases of this kind depend in a great measure on their control of the circulation, and their power to harmonize the vital actions.

CASE XVII.

Mrs. S. commenced treatment March 12—had suffered for more than a year from too profuse menstruation accompanied by great weakness and emaciation, so as to occasion the alarm of her friends. She received treatment till April 20, at which time her extremities which before were habitually cold, had become warm, the strength of her abdomen, and of the body generally had greatly increased, and the particular symptom of which she complained, was relieved. She has remained perfectly well.

CASE XVIII.

A young lady, Miss R., applied to me March 25th, with a constant irritating cough, pale complexion and anxious expression of countenance, sleeplessness, and nervous irritability. An examination of the chest not affording an ade-

quate reason for the incessant cough, upon further inquiry, I found that it had been nearly five months since she had menstruated. Such Movement applications as were proper to her case were employed, and in *one week* the function was restored, whereupon the distressing constitutional symptoms were relieved. This may be regarded by the incredulous as a lucky coincidence, nor shall I wrangle with such as choose this view of the case. I will, however, respectfully insist, that there is abundant practical evidence of the power of Movements to *produce congestion*. If this is doubted in respect to the special and medical application of Movements, it certainly cannot be denied in respect to the accidental effects of exercises, whether these be gymnastic or occur in the ordinary avocations of life. Such examples lead the invalid to feel the danger of employing haphazard and inappropriate exercises, and hence he generally shrinks from exercises at all, since his medical advisers refuse to direct him what he should *take* and what *avoid*.

DEFORMITIES.

There are two classes of deformities successfully treated by Movements. One, is curvature of the spine of every kind; and the other, imperfect development of members generally referable to injury, or the shock of disease in infancy and childhood. Of the latter class a number of cases have already been reported, to which the reader is referred. The treatment consists simply in directing nutrition into the defective extremity, where nutritive action is imperfect in consequence of deficient use or exercise of the part. Thus, a weak and useless arm or leg is in proper time restored to usefulness.

The progress of this class of cases is slow, but quite sure, with which indeed the patient and the friends are content, since the movements offer not only a rational, but the only hope of improvement.

In regard to curvatures, they generally occur in young persons whose muscles are allowed to become weak, but weaker upon one side than the other. This is often the effect of faulty postures at school. The inequality of muscular action soon pulls the osseous framework out of its natural position. It is easily enough cured if taken before the vertebræ have become *wedge-shaped*, which they inevitably must in time. But even afterwards, the case is not irremediable—but it requires a longer time, and sometimes the assistance of simple and peculiar apparatus to effect complete recovery. The constitutional cause of deformities must be considered as primary, and this is *general weakness*.

Spinal deformities constitute a class of cases of more than ordinary interest, on account of the complete demonstration which their

treatment affords, of the principles of the Movement Cure. We can see the effect produced, in the altered shape of the person treated. If the case be a conspicuous one, accurate measurements are taken of the form of the body at the commencement of the treatment, with which it is easy to compare all subsequent measurements, and thus determine the amount of improvement. The change of shape proceeds much more rapidly in the first portion of the treatment, if the case be favorable.

CASE XIX.—SIMPLE LATERAL CURVATURE.

Miss L., aged twenty, presented herself for treatment June 6th, with simple curvature to the right, the shoulder of that side being an inch and a half the highest, the shoulder blade projecting as usual in such cases. She also had weakness of abdominal muscles with the pain in the lumbar region, usually referred to disease of the pelvic organs as the cause. The pain in the back was removed in a very few days, owing to the effect of muscular action upon the position of the abdominal contents. The strength continued to improve, as well as the shape, until the first of August, when she went to the country. For some weeks the shoulders had been of equal height, the bend in the lumbar region overcome, the carriage of the head restored, and there only remained a slight deviation at the central part of the curve, or point of greatest deviation from a straight line, just at the junction of the dorsal and lumbar vertebræ, which will ultimately be quite overcome by either voluntary attention on the part of the patient, or a little more time in the use of duplicated Movements.

CASE XX.—DOUBLE CURVATURE.

Miss K., aged about 18, commenced treatment April 5. She had double curvature of the spine. The right shoulder projected in an unseemly manner, while the left was an inch and a half the lowest. In four weeks the difference between the height of the shoulders was removed, and the height of the person had increased *one inch*, as she stood against a wall without making any effort to straighten. Were she to discontinue treatment at this point, it is probable that she would gradually fall nearly back to the former shape; but by continuing it, there is every probability that the improvement will continue till the natural shape as well as the strength is nearly or quite restored.

PARALYSIS.

In this disease, the influence of the will over the muscles of some parts of the body is either partially or completely suspended. It is a disease of the nerves, the want of motion being a result of the absence of the due nervous influence. The Movement Cure demonstrates that in a great majority of cases, the *cause* of this suspension of function, is not of such a nature as will not allow of its re-establishment, in part, at least. The patient may

still make an *effort* to use the affected member, which, if encouraged, and assisted in a suitable manner, and with repeated trials, finally enables him to control it. The physician is careful that the endeavors of the invalid are rendered successful by means of affording him due assistance. So little must be attempted at first as will admit of being done ; and all the powers of the organization must be controlled in such way as to become subservient to the object. Like all other instances of treatment by Movements, it is a process of training.

CASE XXI.

This was a clergyman aged about 45, who was attacked with paralysis, affecting the left half of his body, about a year previous to his coming to me. He had, subsequently, several minor attacks which, for a short time, would cause the face to be drawn down to one side, as well as severely to impede his locomotive powers. I found him capable of walking about, but with a good deal of lameness and dragging of the affected leg, and curtailment of the power of the arm. Otherwise, the health was apparently good, having the general absence of pain, characteristic of this class of cases. The most serious part of the affliction in this case, was the apprehension of a sudden attack which might, perhaps, invade the consciousness, and render recovery forever impossible ; there is always reason to fear this in this class of cases. He received treatment about two months, gradually improving the whole time. The latter portion of this time his affected side was quite as well as the other, and strong, and he had as much control of it ; his head was relieved of its heaviness, and he habitually walked several miles a day. The only indication he had of his disease, consisted in the fact, that after walking a long distance his left leg became soonest fatigued.

This class presents a great variety of cases, which yield to treatment in very different degrees—some being quickly relieved, while a few are but little benefited. The only way to determine the curability of most cases of this disease, is by the experiment of treatment ; which invalids are the more ready to try, since there is little or no hope from any other medical recourse.

CASE XXII.

The following case affords an excellent illustration of the power of Movements to control the flow of the blood, and to obviate the effects that are sure to arise from an unbalanced circulation :

Miss N., a maiden lady, who for many years had followed the occupation of a teacher, was afflicted with a severe pressure of the blood in the head, accompanied by indigestion. The head symptom had existed for several years, and had gradually become worse, till she was quite unfitted for the enjoyment, or the active duties of life of any kind. She had constant headache, and the face was flushed, while the feet were always *cold*, even in the warm days of summer. As usual in similar cases, no amount of artificial *warming* of the feet was pro-

ductive of any more than a temporary amelioration of the symptom. Her nervous system had become greatly impaired, and she had at times experienced premonitory symptoms of paralysis of the left side. She was a person of large frame and naturally robust constitution, but her prospects of recovery had been seriously impaired by previous medical treatment, extending through several years.

An appropriate prescription was applied, the effect of which was gradually to warm the feet and to relieve, somewhat, the threatening head symptoms. The improvement continued to increase, and the result was, that after six weeks, the feet were habitually warm, the natural vivacity in the expression of the countenance was restored, and she regarded herself as having fully returned to a state of health. The lady continued under my notice for several months, and had no return of her former complaint.

Numerous instances might be cited of the effects of Movements in removing congestion of *stomach, heart, with palpitation, liver, pelvic organs, &c.*—effects which, if procured at all by the ordinary medical means, must be at the expense of tedious and indirect processes, and often of great damage to the constitution.

Not unfrequently, severe local congestion will afford every evidence of disease of contiguous parts, in consequence of impeding their natural mechanical action. If the rythmical action of the diaphragm, chest, or abdominal muscles be diminished, the *function* of the dependent organs is necessarily restricted. This frequently happens in severe constipation, and in affections of the lungs and liver. The following case shows the effect of local congestion, simulating disease of the lungs, where a pulmonary affection under ordinary treatment would undoubtedly be demonstrated in the end, if not supposed to be found in the beginning.

CASE XXIII.

Mr. L. was confined several weeks, having a pulse of 120, with daily paroxysms of fever, coldness of extremities in the interval, no appetite, coated tongue, and loss of strength. An examination revealed deadness of sound and almost total absence of respiration of the left side, though but little cough.—The region beneath the short ribs of the left side was *extremely tender* and would not bear pressure. In three or four weeks of treatment the natural respiration and equipoise of the circulation was restored, and the pulse went down to the healthy standard—in short he was pronounced well. This patient, after a few days treatment, was recommended to ride on horseback daily, which was of undoubted great service in his rapid restoration.

ADDITIONAL REMARKS

CONCERNING THE

APPLICATION OF THE MOVEMENT CURE.

1.—The reader will not infer that the Movement Cure is applicable only in cases similar to those here narrated. *Its applicability extends equally to all cases of chronic disease, including many forms for which no other treatment whether special or general, regular or irregular, is at all profitable.* Indeed, thus far, the patrons of the Movement Cure are mostly such as have exhausted the category of remedies in vain, and have been rendered, as a general thing, less curable through the abuse the vital powers have suffered by the inappropriate remedial applications that have been made. The treatment is efficacious, not because it furnishes a balm for pain, or an antidote for the effects of diseased action, but because it reaches the causes of disease, upon which the symptoms depend. Thus, while the blood is purified, by aiding the action of organs which dismiss the waste matters of the body, the digestion of food is assisted, *nutritive action perfected in the defective parts*, and the surplus blood is removed, or its deficiencies supplied as the need may be, while at the same time, morbid nerve action is allayed. Such objects, when accomplished at all, are only *indirectly* so, by other means ; hence the medical influence of movements will often extend far beyond that of ordinary medical applications. Among the recoveries through this means, under my personal observation and attention, may be reckoned cases of *Amaurosis, Choroidites, Hernia, Sterility, Neuralgia, Epilepsy, Croup, Prostatites, Deformities* of various kinds, *Prelapsus of the Rectum, Narrow Chest, &c.*, besides the more common diseases and symptoms of disease with which the great majority of our patients are afflicted.

To give a further detail of cases would extend this pamphlet beyond its assigned limits, without increasing its interest for the greater number of readers.

2.—The *Movement Cure* is applicable for *all stages* of chronic disease. We have, in many cases, commenced treatment with the invalid confined to the bed, deprived of the enjoyment of his physical faculties by reason of insufficient power. The processes to which the organs are subjected, are allied to the natural function of the parts, and these soon become accustomed to a more ready and perfect obedience to the will. There are many invalids, thought to be hopelessly confined to their bed or room, who have little or no organic disease, though they may suffer much pain. These only require that the little power they have should be *aided* in order to be *increased*. None are too feeble to be benefited by the judicious application of the treatment. It is even employed with great comfort to the patient in the last lingering stages of incurable disease.

3.—The presence of *organic disease*, even in its severe forms, is not a barrier to the successful application of the *Movement Cure*. The kind of treatment depends, of course, upon the *nature* and the extent of the disease. The local affection is gradually approached and finally removed, in accordance with the principles stated on pages 4 and 5 of this pamphlet.

4.—The progress made by different individuals does not present much uniformity. Some get rapidly better, from the time they learn what they are to do ; while with others, the symptoms, which the patient generally regards as his disease, do not subside till after several weeks' treatment. The rate of progress cannot generally be foretold with any degree of certainty.

5.—In the majority of cases the patient is not to expect any *special* manifestation of new and unpleasant symptoms. He glides smoothly upward, to a more elevated plane of health. But in other cases, often in a few days, generally within the first two weeks, a temporary fever with lassitude and headache, sometimes accompanied by vomiting, occurs, some of which symptoms last from one to six or seven days. These symptoms are accounted for by the fact that the movements rouse into action parts long unused, whereby a quantity of material which has lain dormant is brought suddenly into the circulation, vitiating, for the time, the blood and the secretions. The fever, which implies increased effort to secure oxydation, soon disposes of the cause of the symptoms, and the system passes into a higher state of health than previously existed.

6.—The first effect the weakly invalid is called to notice, is the

quiet and desire for repose, accompanied by a very slight and pleasant fatigue, which is occasioned by the application of the prescription. This rest, the patient is enjoined to indulge in, as soon as he is through with the daily prescription. He is sometimes required to take other exercises at certain times of the day, not contained in the prescription; and he is also cautioned what kinds of exercise to *avoid*, which, if indulged in, would retard, or perhaps prevent his recovery.

7.—The Movement Cure is not a *trade*, nor is it to be treated with merely on a pecuniary basis; but *it is a high development of a noble and philanthropic profession*, whose objects are not only the amelioration of human suffering, but also the guiding of men to higher sources and states of enjoyment. Its prescriptions will therefore be *refused* (at the discretion of the physician) to such as pursue habits of life that are either *unphysiological* or *immoral* in their tendency. *No excesses of any kind may be indulged in; all habits of morbid sensorial gratification, whether in eating, drinking, tobacco using, or intellectual dissipation, must be abandoned*, not merely for the purpose of getting rid of pain with the expectation of subsequent indulgence, but upon *principle*. Patients must learn to expect the best, most permanent and satisfactory results to follow a return to the simplest habits of life. The sickly fastidiousness which often characterizes the chronic invalid, proceeds from faculties both undeveloped and perverted; and its fitful and imperious demands cannot be responded to by the conscientious physician. The processes of treatment are designed to invite all the different faculties to a participation in the harmonious action which constitutes health, and a practical consent is required, both physically and mentally. All trifling littleness of mind must be overcome.

8.—It may be remarked, that the treatment by movements, offers a less inviting field for quackery than drugs, on account of the *labor, tact* and *intimate knowledge* of the principles of physiology in their relations with hygiene, that is necessary, in order to commence this form of medical practice. Without these, injury to the patient may result, because the effects would be misdirected, and the treatment is far from being harmless in incompetent hands.

A NEW POPULAR WORK ON REMEDIAL HYGIENE.

AN EXPOSITION OF THE SWEDISH MOVEMENT CURE,
BEING A
Manual of Exercises for Domestic Use.
BY GEO. H. TAYLOR, M. D.

Principal Physician of the Remedial Hygienic Institute of New York City.

This Work explains the philosophy and the method of both avoiding and curing disease *without drugs*, by means of prescribed exercises, or MOVEMENTS. Its objects are to diminish the disease, weaknesses and deformities which afflict the race, and to make men, not only *wiser*, but *better* and *happier* in all departments of their being.

SUMMARY OF CONTENTS.

PART I.

Contains a history of the remedial use of exercises from the earliest times ; an account of the physiological and chemical relations of the system ; the particular effects of movements upon every function ; the distinction between movements and gymnastics ; a new and scientific terminology of the mechanical relations of the body ; mode of prescribing, &c.

PART II.

Contains a large number of examples of movements, that a person may take without the help of an assistant ; with abundant illustrations and directions ; embracing statements of the particular effects produced by different specific exercises.

PART III.

Gives an account of various common chronic diseases from the *Movement Cure* point of view, explains the *principles* of the treatment, and directs the particular processes that are employed ; also a formula of exercises for schools.

PART IV.

Explains the general principles of hygiene, of which the Movement Cure forms a special department ; directs what to use and what to avoid in matters of *food, drink, temperature*, embracing the rationale of the *Water-Cure* ; explains the influence of light, and the importance of Mental Hygiene ;—the whole supplying for the invalid a *complete guide to health*, by affording just that precise, practical knowledge necessary for its restoration and maintainance.

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